

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Coffee: Is It Getting Too Complicated?**

**By Eileen Church**

Plain coffee is fast becoming a thing of the past. It's now quite simple to whip up a gourmet hot

beverage for guest, family, or just for yourself. Nowadays there are a number of coffee clubs and circles in which coffee drinking has become somewhat of a social club. These social clubs meet in the community or on the Internet.

Where did the good old days go where you could get just a regular, good cup of coffee all across America.

It's all because there is a big craze over coffee these days. People are almost worshipping the coffee bean now. People get a thrill out of ordering and buying special coffees from specialty stores. They really like grinding their own coffee beans. They like visiting places such as Costa Rica and bringing back their special blends. And "coffee tasting" seems to be about as popular as "wine tasting".

They even have furniture and home interior designs with a coffee theme. This would make great gifts for the coffee buff.

Coffee got its beginnings around 900 A.D. where it was at first used as a stimulant. It was also at times used as a wine and a medicine. It doesn't look like anything is much different today.

There are not many products such as coffee that have continued "as is" for hundreds of years. And yet people are still scrutinizing and getting creative with it today and probably will be for years to come.

What is also interesting is that coffee is second to oil in dollar volume as a world commodity.

Did you know that there is two times more caffeine in a pound of tea than in the same amount of roasted coffee? This may be good news for those of you who hate the taste of decaffeinated coffee however wait just one moment. A pound of tea will make about 160 cups whereas a pound of coffee will usually make about 40 cups. This means that a cup of tea has about 1/4th the caffeine of a cup of coffee.

## Coffee: Is It Getting Too Complicated?

The content of caffeine in coffee decreases as it is grown at higher altitudes. If you want less caffeine in your coffee, grow it higher. Gourmet coffees are typically grown at higher altitudes so they have less caffeine than their grocery store counterparts.

There are many different types of coffee beans and way too many to describe in this article. Here are just a few of them:

You have Latte, Espresso, Low-Fat, Organic, Cal, Decaf, Half-Decaf, Black Forest, Cappuccino, Cafe au Lait, Alpine which has brown sugar, Arabian (lightly spiced and without filter), Cafe con Miel (Spanish for coffee with honey), and Cafe de Olla (a sweet coffee made with chocolate).

And you really should attend a coffee tasting at least once. You will get to experience how making and brewing gourmet coffee is slowly becoming a form of art. What is fun about the coffee tasting is that you could get a chance to taste two dozen or more different blends. You may even leave to start your

journey as a coffee connoisseur. Any way you look at it, the tasting experience will be fun if you like coffee.

Eileen Church, webmistress for

<http://www.fmcoffee.com>

, loves to experiment with coffee of all kinds.

Be sure to visit

<http://www.fmcoffee.com>

often for great coffee resources.

### **Coffee Facts - A Brief History In Time**

**By Jocelyn Meadows**

It is probably common knowledge that coffee was discovered in Ethiopia. The `red' cherries which the sheep ate and become very active were taken home and tasted and what was known as the devil's fruit become coffee as the world knows it today. However, this is just one of the stories which revolve around the history of coffee. Another tale which has been around for some time involves an Arabian who use coffee beans to survive an exile and was discovered near the town of Mocha and thus we also refer to coffee as Mocha. As you will read on, there are more to these interesting coffee facts.

Coffee remained in Arabia for quite some time and was a secret which Arabians were not keen to share with outsiders. India was one of the first few countries outside Arabia to get a taste of coffee and

## Coffee: Is It Getting Too Complicated?

then there was no holding back the growth of popularity of this drink. There is a lot of history which revolves around coffee and many legends which exist which help in creating a mystique for the beverage. Famous luminaries seem to have had some kind of brush with the drink and it is said that The Boston Tea Party, so well known for throwing away boxes of tea, considered coffee drinking a patriotic act!

Coffee beans revolved and took the avatar of instant coffee which is used the world over. Many well known words and trends have been the output of coffee as it gets accepted as part of the global culture. Coffee facts tell us that countries such as Brazil have an entire economy dependant on the production of coffee and the United States is one of the largest coffee drinking nations in the world!

Jocelyn Meadows loves coffee and everything about it. Coffee enthusiasts should read about

Krups

coffee makers

and

Cuisinart coffee makers

.



**This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).**

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**